

Italian Bread - USDA Recipe B110

Meal Components: Grains

B11

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
					1. For best results, all ingredients and utensils should be at room temperature.
Active dry yeast	2 2/3 oz	1/4 cup 2 tsp	5 1/3 oz	1/2 cup 1 Tbsp 1 tsp	2. Dissolve dry yeast in warm water (110 °F). Let stand for 4-5 minutes. Set aside for step 5.
Water (110 °F)		1 cup		2 cups	
Whole-wheat flour	2 lb	1 qt 3 cups	4 lb	3 qt 2 cups	3. Place flour, dry milk, sugar, and salt in a commercial mixer (batch as needed). Using a dough hook attachment, mix on low speed for 2 minutes. Leave dry ingredients in mixer.
Enriched bread flour	1 lb 12 oz	1 qt 2 1/4 cups	3 lb 8 oz	3 qt 1/2 cup	
Instant nonfat dry milk	3 oz	1/4 cup 2 Tbsp	6 oz	3/4 cup	
Sugar	2 oz	1/4 cup	4 oz	1/2 cup	
Salt		1 Tbsp 1/2 tsp		2 Tbsp 1 tsp	

5. Add dissolved yeast and mix for 2 minutes on low speed.

Shortening, trans fat-free

1/4 cup

3 oz

1/2 cup

6. Add shortening and mix for 2 minutes on low speed.

7. Knead dough for 8 minutes on medium speed or until dough is smooth and elastic.

8. Place dough in a warm area (about 90 °F) for 45-60 minutes.

9. Punch dough to remove air bubbles and let rest for 15 minutes.

10. After 15 minutes, begin shaping dough on a lightly floured surface.

White whole-grain cornmeal

2 Tbsp

1/4 cup

11. Place loaf lengthwise in a loaf pan (20 3/4" x 6 7/16") lightly coated with pan release spray and sprinkled with 1 Tbsp cornmeal.

12. Place loaf pans in a warm area (about 90 °F) until double in size for 30-50 minutes.

13. Brush top of each loaf with water. Using scissors or a very sharp knife, cut 5-6 diagonal slits 1/4" deep on top of each loaf.

14. Bake until browned:

(Optional) Dried oregano	1 tsp	2 tsp	16. (Optional) Combine spices and oil in a small bowl. Stir well. Spread oil mixture evenly over loaf.
(Optional) Dried basil	1 tsp	2 tsp	
(Optional) Dried parsley	1 tsp	2 tsp	
(Optional) Garlic powder	1 tsp	2 tsp	
(Optional) Olive oil	2 Tbsp	1/4 cup	

17. Allow bread to come to room temperature before cutting.

18. Portion: Cut each loaf into 25 slices, 7/8" thick.

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 slice provides 2 oz equivalent grains.

CACFP Crediting Information: 1 slice provides 2 servings grains/breads.

Serving	Yield	Volume
See Notes	50 Servings: about 5 lb 2 oz 100 Servings: about 10 lb 4 oz	50 Servings: about 2 quarts 2 1/4 cups / 2 loaf pans (20 3/4" x 6 7/16") 100 Servings: about 1 gallon 1 quart 1/2 cup / 4 loaf pans (20 3/4" x 6 7/16")

Nutrients Per Serving					
Calories	140	Saturated Fat		Iron	1 mg
Protein	5 g	Cholesterol		Calcium	25 mg
Carbohydrate	27 g	Vitamin A	37 IU	Sodium	176 mg
Total Fat	1 g	Vitamin C		Dietary Fiber	2 g